



www.SweetPeppersDeli.com

## starters

### Chili Nachos

Tortilla chips topped with homemade chili, cheddar & jack cheeses, tomatoes, green onions, black olives, sour cream & sliced jalapeño peppers. 6.99

### Chips n' Rotel®

A bowl of Rotel® cheese sauce served with tortilla chips & a side of jalapeño peppers. 4.99 with salsa 5.99

### Soup of the Day

A fresh baked bread bowl filled with piping hot soup or our "made from scratch" chili topped with grated cheddar & Monterey Jack. 5.99

An 8 oz. serving of soup of the day or chili. 2.99

### Mediterranean Hummus Plate

Hummus, cucumbers, tomatoes, and kalamata olives with warm pita bread. 5.99

## panini

### Fresh Mozzarella and Tomato Panini

Fresh mozzarella, chicken, tomato, parmesan, sun dried tomatoes and olive salad on a whole wheat ciabatta with Italian dressing. 8.99 vegetarian 7.49

### Portobello Panini

Feta and cheddar cheese, pesto, chicken, tomato, olives, red onion and roasted Portobello mushroom on ciabatta. 8.99 vegetarian 7.49

### Mediterranean Chicken

Sliced chicken tossed in Greek dressing, Genoa salami, pepperoni, and provolone cheese on ciabatta. 7.99

### Cuban

A French loaf with sliced turkey breast and ham, pickle slices, dijon mayo, and melted Swiss. 7.49

### Reuben

Tender corned beef on pumpnickel rye, sauerkraut, Swiss and 1000 Island dressing. 7.49

### Grande

Sliced roast beef with horseradish spread, roasted bell peppers & onions, provolone on ciabatta. 6.99

### Southwestern Quesadilla

Black beans, corn, avocado, cheese, jalapeños, tomatoes, grilled chicken and red onion in a grilled flour tortilla. With salsa, sour cream and chipotle ranch. 7.99 vegetarian 6.49

## salads

### Soup n' Salad

A fresh baked bread bowl filled with the soup of the day, served with your choice of a small garden or Caesar salad. 7.99

### Scoop Salads

A bed of crisp greens with crunchy cucumbers and ripe tomatoes then topped with a generous portion of one of our made from scratch salads served with your choice of dressing.

Shrimp Salad 7.99

Chicken Salad 7.49

Albacore Tuna Salad 6.99

### Chef Salad

Fresh greens, cucumbers, tomatoes, ham, turkey, grated cheddar & Monterey Jack, homemade croutons & a salad pepper. 7.49

### Chicken Grill Salad

Fresh greens, cucumbers, tomatoes, crisp bacon, cheddar & Monterey Jack cheeses with tender, juicy chicken breast and homemade croutons. 7.49

### Taco Salad

Crisp lettuce, tomatoes, chili, tortilla chips, cheddar & Monterey Jack cheeses, sour cream, jalapeños & black olives served with a side of fresh salsa. 7.99

### Caesar Chicken Grill Salad

Grilled chicken breast on fresh Romaine, homemade croutons, slivers of sun-dried tomatoes & grated Parmesan cheese. 6.99

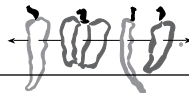
### Big Greek Hummus Salad

Romaine lettuce, cucumbers, feta cheese, olives, tomatoes, red onion, Greek dressing and hummus served with warm pita bread. 6.49

### Waldorf Salad

Mixed baby greens, grilled & chilled chicken breast, seedless grapes, granny smith apples, candied pecans, celery and Gorgonzola cheese tossed with balsamic vinaigrette. 7.99

*Dressings: Thousand Island, Ranch, Bleu Cheese, Peppers Honey Mustard, Parmesan Peppercorn, Lite Italian, Caesar, Balsamic Vinaigrette, Chipotle Ranch*  
*Fat Free: Ranch, Honey Dijon, Tomato Basil Vinaigrette*



Sandwiches, Panini and Wraps are served with a pickle spear & your choice of:  
**potato chips, cole slaw, potato salad, pasta salad, mixed fruit (add 39¢), cup of soup (add 89¢), or garden/Caesar salad (add \$1.59).**

## sandwiches

### Grilled Chicken Breast Sandwich

Grilled chicken breast topped with Swiss cheese, mayonnaise, Peppers honey mustard dressing, lettuce & tomatoes on your choice of bread. 7.49 make it a large, add \$2

### Goat Cheese and Fire Roasted Red Pepper Sub

Goat cheese, roasted red peppers, grilled chicken breast, lettuce, basil pesto, mayonnaise and Italian vinaigrette on a toasted sun dried tomato roll. 7.99 vegetarian 6.49

### Peppers & Beef

Tender roast beef, fire roasted peppers and onions, topped with Monterey Jack and served with au jus. 6.99 make it a large, add \$2

### Chicken Salad Sandwich

Made fresh daily with all white meat chicken, eggs, red seedless grapes, celery & chopped pecans. 6.99 make it a large, add \$2

### The Blitz

Layers of roast beef, turkey and ham, topped with your choice of cheese. 6.49 make it a large, add \$2

### Muffaletta

Take a flavor trip to New Orleans! Genoa salami, ham, mortadella, Swiss, provolone and Italian olive salad served cold on muffaletta bread.  
6.49 qtr 8.49 half 13.99 whole

### Shrimp Salad Croissant

Homemade shrimp salad served on a flaky croissant with spring greens, sliced tomato & red onion. 7.99

### Smoked Cheddar Melt

Piles of hickory smoked ham & crispy bacon, topped with smoked cheddar cheese. 6.49 make it a large, add \$2

### BLT

Crisp bacon, iceberg lettuce and tomato with mayo. 5.99 make it a large, add \$2

### Vegetarian

Crunchy cucumbers, red & yellow bell peppers, lettuce & tomatoes topped with Swiss cheese and a side of parmesan peppercorn dressing. 5.99 make it a large, add \$2

### Albacore Tuna Salad Sandwich

Peppers recipe, made fresh daily with albacore tuna, sweet pickle relish & chopped pecans. 6.49 make it a large, add \$2

### Sweet Peppers Sub

Your choice of smoked turkey, hickory smoked ham, roast beef & gravy, corned beef, or salami, thinly sliced and piled high. 6.29 make it a large, add \$2

### your Choices:

#### BREADS

large: white • wheat • tomato basil • pumpnickel rye  
regular: white • wheat • tomato basil • pita • ciabatta  
whole wheat ciabatta • croissant • wheat toast • white toast

#### CHEESES

American • Swiss • Cheddar • Smoked Cheddar • Provolone  
Jalapeño Pepper • Monterey Jack

## just for kids

### Junior Ham or Turkey

Ham or turkey & cheddar on wheat toast with potato chips. 3.69

### Kids Nacho

A junior size version of Chips n' Rotel®. 3.29

### Junior Cheesy Tater

A small cheesy tater. 2.69

### Toasted Cheese

Melted American on toasted wheat with potato chips. 2.69

### Hot Dawg

100% beef wiener with potato chips. 2.99

### Cheese Quesadilla

A cheese filled, grilled tortilla with potato chips. 2.99

### Mac & Cheese

Elbow pasta and the cheesiest cheese. 2.69

## LiteLine

### Turkey n' Avocado

Roasted turkey breast, fresh avocado, sun dried tomatoes, spring greens, cucumber and fat-free sun-dried tomato basil vinaigrette on toasted whole wheat bread. 7.49  
410 • 9g • 62g • 1630mg • 22g

### BBQ Shrimp Crisp Wrap

Tender baked BBQ shrimp, sweet corn, avocado, black beans, red onion, scallions, lettuce and fat-free ranch dressing wrapped in a whole wheat flour tortilla, grilled crisp. 7.99  
520 • 19g • 3g • 56g • 1480mg • 35g

### Lite Smoked Turkey

Layers of deli sliced, smoked turkey with fat-free mayonnaise, Gulden's® mustard, shredded lettuce, tomato and red onion on toasted wheat bread. 6.29  
300 • 8g • 3g • 37g • 1200mg • 18g

### Lite Baby Grande Panini

Shaved roast beef, provolone, horseradish spread with roasted peppers & onions on whole wheat ciabatta bread, grilled. 6.29  
300 • 8g • 3g • 37g • 1200mg • 18g


### Lite Garden Salad

Fresh greens, tomatoes, cucumbers, red & yellow bell peppers served with homemade fat-free ranch dressing. 3.29  
100 • 0g • 0g • 20g • 1340mg • 4g

Calories • Fat • Saturated Fat • Carbs • Sodium • Protein

LiteLine menu items meet HEALTHYDINING'S nutrition criteria and are featured on HealthyDiningFinder.com. Nutritional analysis does not include pickle, side item or any customer modifications.

 HealthyDiningfinder.com

We proudly serve  products.

## potatoes

### Loaded Tater

Ham, turkey, crisp bacon, cheddar & Monterey Jack, green onions and black olives with a side of butter and sour cream. 6.99

### Bacon Cheesy Tater

Loaded with crispy bacon then smothered with cheddar & Monterey Jack cheese, served with a side of butter and sour cream. 5.99

### Cajun Shrimp Tater

Cajun spiced shrimp, melted cheddar and Monterey Jack cheese, red onion and scallions stuffed into a potato. 6.99

## wraps

have it on a **WHOLE WHEAT** wrap!

### Club Wrap

Thinly shaved turkey, ham, cheddar & jack cheeses, crisp bacon, lettuce & tomatoes with Peppers honey mustard dressing rolled in a soft flour tortilla. 7.49

### Southwest Wrap

Grilled chicken, lettuce, tomatoes, cheddar & jack cheeses, corn, black beans, ranch dressing & BBQ sauce. Served with tortilla chips & fresh salsa. 7.49

### Chicken Caesar Wrap

Fresh Romaine lettuce with grilled chicken, Parmesan cheese and Caesar dressing all rolled in a soft flour tortilla. 6.99

### Waldorf Wrap

Sweet Peppers famous Waldorf Salad all wrapped up in a flour tortilla. 8.49

### Cajun Shrimp Wrap

Cajun spiced shrimp wrapped in a flour tortilla with shredded lettuce, cabbage, pico de gallo & chipotle ranch dressing. 7.99

## sweet peppers clubs

### Chicken Club

Grilled chicken breast, cheddar & Swiss cheeses, bacon, lettuce, tomatoes, mayonnaise & Peppers honey mustard dressing on toasted wheat bread. 7.99

### California Club Sub

Piles of thinly sliced turkey, bacon, lettuce, tomato, avocado, smoked cheddar and chipotle ranch dressing served on sun dried tomato basil bread. 7.99

### Club

Turkey, ham, cheddar & Swiss, bacon, lettuce, tomatoes, mayonnaise and Peppers honey mustard dressing served on toasted wheat bread. 7.49

Items and Prices Subject to Change • 9/2011

## desserts

### Key Lime Pie

Refreshingly tart key lime custard resting in a graham cracker crust, complimented with a touch of velvety smooth sweet meringue. 3.99

### Turtle Cheesecake

Chocolate fudge & cheesecake topped with caramel & pecan pieces, on a graham cracker crust. 4.29

### Mile High Cheesecake

Made with cream cheese, pure vanilla & butter, baked on a pecan & graham cracker crust. 3.99

### Strawberry Wave Cheesecake

New York style cheesecake swirled with pureed fresh strawberries and a hint of lime juice, all nestled in a graham cracker crust. 3.99

### Carrot Cake

Layers of incredibly moist carrot cake sandwiched with cream cheese icing with pecans and shards of fresh coconut. 4.29

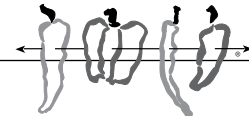
### Chocolate Eruption

This pyramid of rich chocolate cream is studded with nuts, chocolate chips, and turtle cheesecake with chocolate curls and golden caramel erupting from the center. 4.29

**FRESH BAKED COOKIES** 1.19/ea.

Assorted Dozen—12.95

*Chocolate Chunk, Heath® Bar Crunch, Oatmeal Raisin, White Chocolate Macadamia, Old Fashioned Sugar, Royale*



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